



TAIPEI HASH HOUSE HARRIERS 2007'S COMMITTEE MEMBERS

GRAND MASTER (-會長-)	LIFE U.K.	陳澤淵	0915-586205
JOINT MASTER (-副會長-)	FIRE WOOD	王木火	0935-587986
	MOSQUITO	陳仁浩	0936-940358
	BUSH BABY	DUNCAN ROBINSON	0910-511701
HASH CONTROL (-監察-)	YOU CHING	蔡品端	0921-906177
ON-SECRETARY (-祕書-)	CICADA	劉漢建	0928-282806
HASH CASH (-財務-)	TOOL	涂平亞	0966-936816
	BLACK DONUT	劉進鏞	0910-021686
	MILE STONE	方惠賢	0933-227568
	NAILS	吳啟明	02-22868479
	BARBER SHOP	張漢義	0928-229459
TRAIL MASTER (-路線-)	GUN SHIT	簡志成	0928-257556
	WHY	洪長力	0922-609308
BOOZE MASTER (-總務-)	BOLT	洪同燦	0928-243878
	ROBOT MACHINE	邱創健	0936-483838
	BOOTS	郭承權	0931-914072
HABERDASH (-服飾總務-)	PRINTER	陳俊呈	0910-015557
	APPETIZER	郭詩錠	0933-162527
HASH BASH (-聚餐-)	TINKER	郭金錠	0922-657297
	SPEED MOTOR	杜世輝	0932-059949
INFORMATION (-資訊-)	S. M. SHIT	林克峰	0932-026902
HASH WEB SITE (-網站-)	CUNT PACK	陳俊翰	0925-268060
		林榮華	0935-523150

.待宰的兔子/HARE LIST		地點 / RUN SITE	報導/SCRIBE
次數/NO	日期/DATE		中文/ENGLISH
1797	JUN.2,2007 林大成(Big Ball) 2287-7806	深坑(國道三號深坑交流道開始有麵粉) Shenkeng, Taipei County (Take NO.3 Freeway And Get Off Shenkeng Exit Will Find The Flour)	Mosquito 陳仁浩
1798	JUN.9,2007 徐世杰(Hifty) 0937-899822	五股龍鳳巖(國道一號南下五股交流道下走新五路到工商路左轉有麵粉) Wugu, Taipei County (Take NO.1 Freeway South And Get Off Wugo Exit Will Get Mark At Gungshan RD.)	Blood Dog 魏文章 0912-289528
1799	JUN.16,2007 劉智吉(On In) 0933-013333	金山兩湖村(陽金公路金山往陽明山方向開始有麵粉) Jinshan	

會長叮嚀 G.M. Report

1. 各位HARE當您做路線時請先告知路線會有多長 2. 當您要做路線有可能很長時請先做好S及L的路線準備 (因在捷兔中每個人的體力都不同) 3. 當您要做很長的路線時又不想分S或L, 請您現做, 那你跑那大家都跑到那 4. 若您做完路結果有某些兔友到天黑都還沒有回來, 煩請您上去找我們的弟兄這是您做兔子的責任謝謝

副會長叮嚀 Joint M. Report

各位兔友來跑捷兔的兔友們, 我們大家的感情可能比兄弟還親, 所以請您時時刻刻照顧您身邊的弟兄們
※一條好的路線跑步大約60~90分鐘 走路大約90~120分鐘

台北捷兔 Metro HASH

日期:5月23日2007 (星期三)19:45 兔子落跑
地點:捷運淡水線 哄哩岸出口 2
兔子: Sheep Shagger(Greg Short)

DATE: MAY23,2007 (WED.)19:45 HARE RUN
SITE: MRT Danshui Line Qilian Station Exit 2
HARE: Sheep Shagger(Greg Short)

公告

1.1800次特刊之個人資料已編排完成, 請各位兔友至公告欄校對。時間從5月12日至6月2日共四週。也請兔友幫忙校對你所認識, 而沒出席的好友資料, 以求版本之正確。
2.6/23 台北捷兔1800次紀念特跑: 地點苗栗縣明德水庫。報名日期從4/15~5/26 止。報名時請勾選S或L路線因選S或L的人是坐不同車, 週繳800元(小孩及女性同胞都相同), 年繳650元(內含Run, BASH, 保險, 便當, T-Shirt), 只要報名人數超過400人就停止報名, 歡迎兔友闖府參加(尤其攜女伴者參加)

捷兔點滴 2007/5/19 第1795 Runs HARE: Bear (許澂靈) 地點: 木柵 本次路跑當天共 張選票 分(平均 分)

人數: 天氣: 晴天 中文報導: You Ching (蔡品端) English Scribe: Guru (Narayan)

自從離開學校之後就幾乎沒有機會接觸到粉筆這個東西, 直到加入台北捷兔跑步運動, 經常在開跑之前路線組幹部手上拎著一盒粉筆到處找人推銷, 只是生意似乎不太好, 很多人客氣地婉拒, 理由是跑得慢。在大多數人的觀念裏, 似乎只有雷根、Aqua、Black Dount、Why、小李子、Eagle、500、UK、Mosquito、Play Boy、阿貴、牙簽、罷雞、雞賽、功夫、超人、Plod、Octopussy、阿露米、Doze、李麥克 (抱欠, 族繁不及備載, 若有疏漏, 請多包涵) 這些勇卡們才有資格拿粉筆。



我原來也有這種不太正確的觀念, 後來看了一本 Inter Hash 特刊一篇文章後才曉得自己的觀念是錯的。原來真正最用得到粉筆的並不僅限於那些勇卡們, 而為數眾多的中段班兔子們也是有份的。看一看下面的這個兔子得分排行榜就懂了。

得1分: 遇到第一個 Checking 找不到路連幹三聲後就折返喝酒去。得2分: 跑前就到處堪察Checking的破解之道, 起跑後一馬當先快速超越Checking奔向奪標之路, 最好當時沒有人看到。得3分: 看到Checking就順便撒泡尿或聊天看風景, 等到路線方向確定之後才起身。得4分: 上下左右努力找路, 汗流浹背氣喘如牛, 把吃苦當吃補, 好不容易才找到了下一個 Mark, 呼喊一聲On On讓別人跟上來。得5分: 努力找路, 聽到別人找到路喊出On On之後, 經過Checking點時用粉筆把正確的路線方向仔細地標出來並持續標到下一個Mark出現為止。

每次做路的兔子按地形地勢巧妙地做幾個Checking除了製造找路的趣味性之外，還有一種更深層的意義存在，那就是每隔一段時間就藉著Checking的設計把已經拉得很長的縱隊重新洗牌一下，縮短勇卡和魯肉卡之間的距離。每次跑山活動並不是單純的越野馬拉松比賽，奪標不是最終的目的，真正的意義在於「有緣、無緣，相聚在捷免路上自是有緣」的團隊情誼。熱心助人的兔子會儘可能地在確定路線方向後在Checking點以及其後的一小段距離內(通常在Checking點50到80公尺內不會有任何麵粉Mark)把方向用粉筆在地上、樹幹上或石壁上標示一下，除了讓後面的兔友輕鬆愉快地上路之外，還可以提供一些殿後的魯肉卡及菜鳥兔可以安全跑回來的有效協助，因為他們體能與經驗都不足，經常在天色轉黑的壓力下慌亂找路，非但耗費時間，還有可能因找路而迷路下不了山，白白浪費其他兔友上山救人的精力與物力。

我天生魯肉卡，不太有機會看到勇卡級兔子標方向的場面，倒是見過幾次TY、Blood Sucker(這兩位近年較少來跑)、Eject、Plod在做加強方向標示明顯度的工作。期望會長、副會長每次跑前花些功夫做宣導的工作，也期望兔友們踴躍接下粉筆大家一起來推行這樁積德的事，也順便期望一下服飾總務組能研發出一件簡單的套件裝備，解決粉筆沒地方放的問題之外，也有助保存粉筆的完整性以利資源回收作業。

受益於上週八里跑步時兔子熱心而週到地把今天集合點用一張大地圖指點得很清楚，從木柵捷運站接了Happy、撒扣、幹、大砲後只花了五分鐘就經木柵路左轉直上今天在福德環保公園的集合點。此地曾經是北市垃圾掩埋場，滿載之後經覆土、除沼氣、綠化、美化處理，幾年下來倒也是綠草如茵，居高遙望北二高及木柵、深坑一帶，再加上從各處街道開發而移植來的大樹，相信再過個幾年景觀一定會更壯觀。感謝兔子又引領我們發現一個郊遊散心的好地點。

今天負責做路的兔子是外表敦厚而內在熱忱的大熊Bear(許激靈)，全家都是虔誠的基督徒，一向對本會事務熱情投入，猶記六七年前化裝跑步時他太太和女兒穿著整套黑色女巫裝亮相，至於大熊是不是化裝成國王或大主教，我就記不太清楚了。

整個星期來氣象報告都是梅雨來臨，所以本來對今天的天氣不抱什麼太大的希望，可是由於兔子吉人天相的關係，老天爺特別幫忙，賞了一個陰而涼爽的超好天氣，加上路線設計得很好，上下落差不超過兩百公尺，穿越竹林、山徑，大部份的路都可以暢快地跑，大家一路上讚不絕口，而且路線之長短恰到好處，我花了70分鐘跑回集合點，大家都爽極了。 On On



Best Hash Run of the year.

The location of last week's run was in Nankang, about fifteen minute's drive from the Academia Sinica. It was close to the nice looking incinerator tower of Mucha. There is a nice park there where there is a congregation of concrete made figures of old men and their pigs. On two huge pedestals stood other statues gazing over the park! The whole area had ample space ear-marked for parking. Apparently a very popular place for week-end picnics!

Over a dozen hills behind this area are so packed with graves, centopahs, mausoleums etc giving the impression that more people (dead!) are crowded in here than in the town below! However, the beauty of today's run was that we avoided all such areas and mostly ran amidst the wooded green forests, vegetation, plants, overgrown weeds and shrubs, banana, bamboo and taro plantations, perfumed pig farms- the lot. The first stretch was easy, but soon needed to move carefully holding on to weeds and tufts of grass, trying and failing to avoid the muck and the wet marl. Most of the mountain paths, were narrow, wet and covered with dry leaves, either through the mid or lower levels of the valley. The routes were very well marked by the hares 'Bear' and 'Finger Job'. There were around five checks in all; at two checks the hares tried to mislead us by putting confetti in one spot only, close to the check, but in the wrong direction, prompting the pack go the wrong way! I overheard 'President' Regan complaining about this to 'Bear'. Even though there were lots of ups and downs to scale along the run, none was steep or hard to handle. It provided lot of running, very unusual these days. On a hot and humid day, the trails provided lot of shade, through nice and scenic terrain.. Easily, this was the best hash run during this year, and most of the others agreed with me. Most of the runners were back in about 70 minutes, setting an ideal example as to how a proper hash run should be. Everyone was back by 4-30 pm, and this gave us plenty of time for drinks, socializing and camaraderie. And even the rains blessed us by taking a break and waiting for later action in this Monsoon weather.

My friend and neighbor, Marvin 'Shipwreck' Chung, an old timer with Taipei Hash, but now working out of Hong Kong, joined the run before heading back the next day. He said he misses Taipei Hash very much even though he occasionally runs with the Free China and other hashes in China, and enjoyed being with us for the jolly good run, down-downs and the nice bash!

The down-downs were too many to enumerate. The boisterous bash in a restaurant in Shiding that we occasionally go to, was enjoyed by more than fifty hashers!

Congratulations to hare 'Bear' for the exemplary run. On On!

表現捷免粗曠豪邁之氣，只准18歲以上男人參加

ONLY MEN OVER AGE 18 ARE ALLOWED TO RUN TAIPEI HASH

